

Name _____ Date _____

What Mindset do you have?

Directions: For each item below, decide whether the item is true for you or false and write your answer on the line. Answer each item honestly. There are no right or wrong answers.

1. _____ I want to do better than other students in my class.
2. _____ An important reason why I do my class work is because I like to learn new things.
3. _____ I'd like to show my teacher that I'm smarter than the other students in my class.
4. _____ I like class work that I'll learn from even if I make a lot of mistakes.
5. _____ It's very important to me that I don't look stupid in my class.
6. _____ If I do poorly on an assignment or a test, it's because I didn't study or try hard enough.
7. _____ Natural ability is more important than effort for doing well in school.
8. _____ I can do well on any assignment if I try hard enough.
9. _____ If I do well on an assignment or a test, I think it's because of good luck.
10. _____ An important reason why I do my work in class is because I want to get better at it.
11. _____ If I do poorly on an assignment or a test, it's usually the teacher's fault.
12. _____ Effort is more important than natural ability for doing well in school.
13. _____ Your intelligence is something very basic about you that can't change very much.
14. _____ No matter how much intelligence you have, you can always change it quite a bit.
15. _____ You can learn new things, but you can't really change how intelligent you are.

*Wait for instructions on how to score your survey.

Mindset Self-Reflection NAME: _____

Date: _____

1. What is your mindset based on the quiz results?
2. What does it mean to have that mindset?
3. How do you think that mindset affects how you do in school?
4. Did you have any "true" responses on odd-numbered quiz items? These represent a fixed mindset.
5. What can you do to change your mindset to a completely growth mindset or to maintain a growth mindset?
6. How do you think having a growth mindset can impact your learning?
7. How could your teachers, advisor, parents, or counselor help you have a growth mindset?